

NOTIFICATION PURSUANT TO
SECTION 6 OF DSHEA

In compliance with Section 6 of the Dietary Supplement Health Education Act (DSHEA) and Rule 21 C.F.R. 101.93, this Notification is filed on behalf of the following manufacturer of **Fred Meyer *Lecithin* Products #70615 and #70620** bearing the statement set out below. 0400-98 JUN 23 12:13

Weider Nutrition International., Inc.
2002 South 5070 West
Salt Lake City, Utah 84104

The text of each structure-function claim for **Lecithin 1200 mg per serving** is as follows:

(Statement 1) Lecithin, a natural emulsifier, promotes heart health.

(Statement 2)

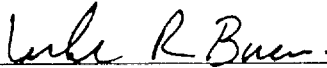
(Statement 3)

(Statement 4)

I, Luke R. Bucci, Ph.D., CCN, CNS, Vice President of Research at Weider Nutrition International., Inc. am authorized to certify this Notification of behalf of the Company. I certify that the information presented and contained in this Notification is complete and accurate and that the Office of Regulatory Affairs at Weider Nutrition International, Inc. has substantiation that each statement is truthful and not misleading.

DATED this 3rd day of June, 199 8.

WEIDER NUTRITION INTERNATIONAL, INC.

BY: 
DR. LUKE R. BUCCI
Vice President of Research

STRUCTURE / FUNCTION CLAIMS

NUTRIENT: Lecithin

0401 '96 JUN 23 P2:13

DATE: February 8, 1996
Document Name: sf01leci.wpd


BY: Original (reviewed by LRB 5/18/98)

BRAND, CODE # & PRODUCT NAME(S): Fred Meyer 70615, 70620 Lecithin (100sg, 250sg)

NUTRIENT AMOUNT: 1200 mg per serving (one softgel)

STRUCTURE/FUNCTION CLAIM:

Lecithin, a natural emulsifier, promotes heart health.


Approved by / Date

REFERENCES:

1. Wojcicki J, Pawlik A, Samochowiec L, Kaldonska M, Mysiliwiec Z. Clinical evaluation of lecithin as a lipid-lowering agent. *Phytother Res* 1995; 9:597-599.
2. Brook JG, Linn S, Aviram M. Dietary soya lecithin decreases plasma triglyceride levels and inhibits collagen- and ADP-induced platelet aggregation. *Biochem Med Metab Biol* 1986; 35(1):31-39.
3. Knuiman JT, Beynen AC, Katan MB. Lecithin intake and serum cholesterol. *Am J Clin Nutr* 1989; 49(2):266-276.
4. O'Brien BC, Andrews VG. Influence of dietary egg and soybean phospholipids and triacylglycerols on human serum lipoproteins. *Lipids* 1993; 28:7-12.
5. Zeisel SH. Choline, Ch 28 in *Modern Nutrition in Health and Disease*, 8th ed., Shils ME, Olson JA, Shike M, Eds., Lea & Febiger, Philadelphia, PA, 1994, 449-458.